

Issue 6
Winter **FREE**

Meat

Celebrate *International* Flavours this winter



win!

See back page
for details...



In this issue...



Beef and Sweet
Fennel Tagine, page 4



Sizzling Steak Stir-fry,
page 6



Bobotie, page 9



Italian Roast Leg of
Lamb, page 10



Pasta Pie, page 12



Moussaka, page 13



Beef Madras, page 14

Missed an issue?

Visit www.recipes.co.nz where you'll find our past issues of Meat magazine, along with hundreds of other delicious beef and lamb recipes.



A Kiwi Twist on International Dishes

Our isolation at the bottom of the world has never stopped us from taking **the best ideas from other countries** and adapting them to suit our own unique Kiwi lifestyle.

Food is no different – New Zealand is a melting pot of people from diverse cultures who have brought their native cuisine Down Under. Their **favourite recipes are still shared at home** with family and friends – all with a Kiwi twist, of course!

This winter issue features **delicious, easy and economical beef and lamb recipes** from countries as far-flung as Italy, South Africa and India. **Courtesy of Allyson Goffon**, these dishes will satisfy the family appetite and budget, providing nutritious and hearty meals to warm up the cold winter nights.

As well as trying out these fabulous recipe ideas, remember to **enter our competition on the back page**, where you can win a slow cooker plus a copy of the cookbook 'Slow' by Allyson Goffon, simply by giving us your feedback.

We hope you enjoy this issue of Meat magazine, and have fun adding **an international flavour to your beef and lamb meals this winter.**



Allyson Goffon

Feature Cuts: Blade and Cross-Cut Blade



For the most tender, succulent dishes when slow cooking, you can't go past the value-for-money cuts. **Blade and cross-cut blade** are perfect for wintery casseroles, stews and braises. When cooked slowly over time, these two cuts develop delicious flavours and melt-in-the-mouth tenderness. See the **Beef and Sweet Fennel Tagine** on page 4 and **Beef Madras** on page 14 in this issue of Meat Magazine - blade and cross-cut blade will work beautifully with both these slow cooked recipes.



Look for the New Zealand Beef and Lamb Quality Mark

It's your guarantee the product is lean, tender and produced in New Zealand.

TIP: While saffron adds an authentic touch, it can be left out without affecting the overall flavour too much.

TIP: Currants add a tasty sweetness, but can easily be replaced with sultanas or diced prunes.

TIP: Pour any unused stock into an ice cube tray. Once frozen, tip the ice cubes into a suitable storage container or freezer bag, which has been labelled and dated. These can be kept frozen for up to 3 months.



\$3.95 per serve

Perk up the mid-week menu with this **fragrantly-spiced Moroccan beef tagine-like stew.**



Scan me to check out the Video

Beef and Sweet Fennel Tagine

Prep time: 25 mins | Cooking time in the oven: 1½-2 hours | Cooking time in the slow cooker: 5-7 hours on low | Serves: 6

- 750g lean Quality Marbled beef or lamb for casseroles
- ¼ cup Moroccan seasoning
- 2 tsp minced garlic
- 1 tsp salt
- ¼-½ tsp saffron threads, (optional)
- ¼ cup oil
- 1 onion or leek, peeled, finely diced
- 2 waxy potatoes, unpeeled and finely diced (or parsnips)
- 1 large bulb fennel, trimmed and finely diced
- ½ cup currants
- 2 green chillies, deseeded and diced
- 2 cups Campbell's Real Stock, Beef (reduce to 1½ cups if cooking in the slow cooker)

Pre-heat the oven to 140°C or pre-warm the slow cooker if using.

Cut the meat into 2cm cubes and toss in the Moroccan seasoning, garlic, salt, saffron if using, and oil. Cover and set aside for 15 minutes.

Brown the meat in a hot, lidded, ovenproof frying pan over a moderate heat, being careful not to burn the spices. Add the onion or leek, potatoes or parsnips, fennel, currants, chillies and beef stock. Stir and cover.

Bake in the pre-heated oven for 1½-2 hours or until the meat is tender. Alternatively, cook in the slow cooker for 5-7 hours on low. Serve with Sugar Glazed Pears (below), couscous and winter vegetables.

Sugar Glazed Pears

Cut 2 pears into 6 pieces each and pan-fry in a generous knob of butter, turning until golden on all sides. Sprinkle over a tablespoon or two of sugar and turn over a low heat until tender.

NZ Beef Cuts Tip

Other cuts that can be used include:



Blade or Cross-cut Blade



Chuck



Gravy Beef

Our Tips for Top Results in the Slow Cooker

- Don't lift the lid! Each time you do, you lose 20-30 minutes of valuable cooking time.
- Pre-warm your slow cooker on low and for no longer than 15 minutes without anything inside - this is like pre-heating your oven.
- If time allows, brown the meat first to improve the flavour and appearance.
- If cooking from a conventional recipe and converting to the slow cooker, slightly reduce the amount of liquid used. In general, 1 cup of liquid is usually sufficient per 1 kilogram of meat, when other liquid-based ingredients like tinned tomatoes are added.



Sizzling Steak Stir-fry

Prep time: 15 mins | Marinating time: 30 mins
Cooking time: 15 mins | Serves: 4-5

- 1 large piece of 3cm thick lean Quality Mark beef rump steak
- 150g green beans or snow peas, trimmed
- 2 cloves garlic, peeled and sliced

Marinade

- 2 Tbsp oil
- 1 Tbsp HP or Worcestershire sauce
- 1 Tbsp brandy
- Few drops sesame oil

Vegetables

- 1 onion, peeled and roughly chopped
- ½ cauliflower, cut into florets

Sauce

- ½ cup Campbell's Real Stock, Beef
- 2 Tbsp tomato sauce
- 1 Tbsp oyster sauce
- 2 tsp HP sauce
- 1 tsp cornflour

Mix all the marinade ingredients together and place in a resealable bag with the steak. Massage to coat the steak and rest for 30 minutes or refrigerate overnight.

Grill the steak on a hot BBQ or in a well-oiled, hot frying pan for 5-6 minutes each side. Transfer to a plate to rest while cooking the vegetables.

Heat a dash of oil in a large frying pan or wok and quickly stir-fry the onions, cauliflower florets, green beans or snow peas, and garlic over a high heat until the vegetables are crisp-tender.

Stir together the sauce ingredients and pour into the pan, tossing over a high heat until thickened. Slice the beef thinly across the grain and add to the vegetables. Serve over steamed rice or noodles.

Our Tips for Top Results

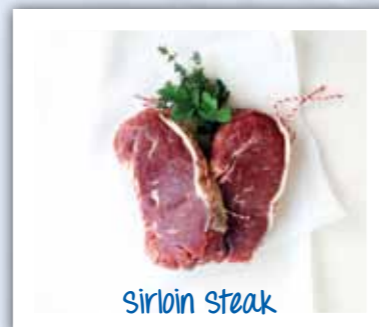
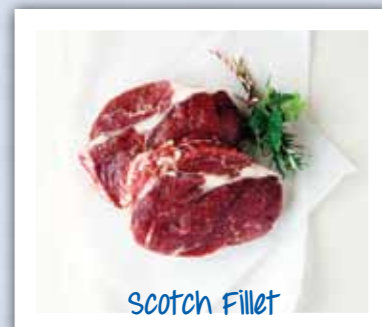
- Use tongs to turn meat rather than a barbecue fork, to avoid juices escaping.
- Season with salt and pepper at the last minute, just before cooking.
- Marinating and basting before cooking helps tenderise and add flavour.
- Allow beef to rest after cooking for a tender, juicy result.
- When pan-frying, wait until moisture appears on top of the steak and turn it only once.

How do you know when steaks are ready?

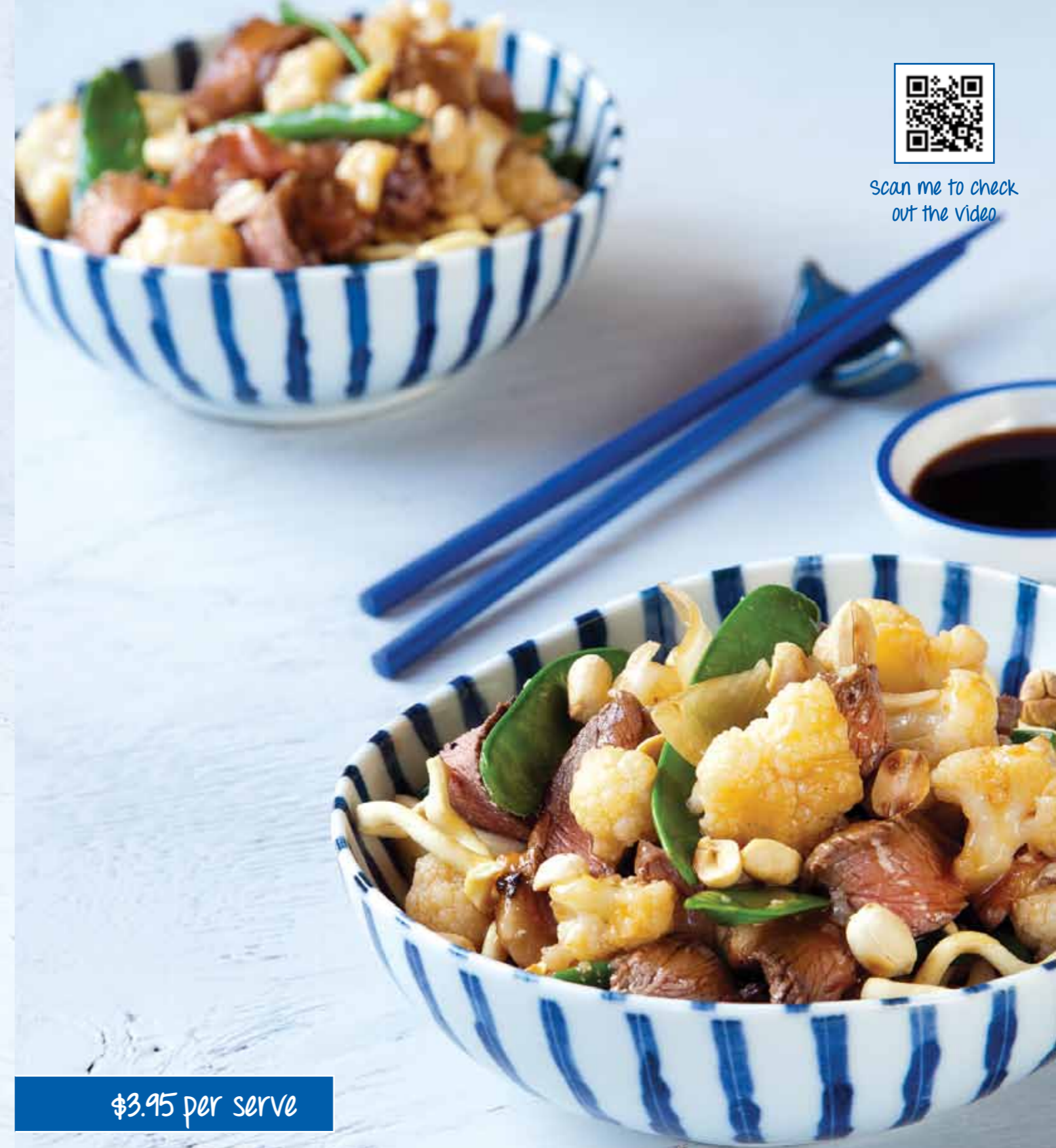
	MINS PER SIDE	INTERNAL DESCRIPTION	TOUCH TEST
RARE	2	Red colour, moist, red juices	Very soft
MEDIUM RARE	3-4	Lighter red colour, moist, pink juices	Soft and springy
MEDIUM	4-6	Pink colour, moist, clear to pink juices	Firm and springy
WELL DONE	2-4, reduce heat then 4-6	Stone grey colour, dry, no sign of pink juices	Very firm

NZ Beef Cuts Tip

Other steaks that can be used include:



Scan me to check out the video



\$3.95 per serve

Create a stir-fry with a difference. Slice a **sizzling-hot steak**, very much like the steak served on hot iron plates in Chinese restaurants, and serve over a hot crisply-cooked and **colourful** winter-vegetable stir-fry tossed in a combination of Malaysian and British sauces. **Quick, easy and delicious.**

Have your say...

Our Favourite Letter...

Winner of the Nadia Lim dinner party for six!

I was invited to a friend's house for dinner with my children, and I was to bring the main dish. It's always a struggle for me to ensure my kids get enough protein and vegetables. Not only this, but what to cook that both the adults and kids will eat?

I picked up your magazine from the supermarket two days before our dinner. I tried the Meatloaf recipe (from Issue 5) and used the British variation, adding a can of chopped tomatoes, and sneaked in some grated carrot, zucchini, peas and potato.

I was a little nervous about the outcome but it worked perfectly, looked wonderful and tasted even better! (See Katrina's pictures below.)

Our friends loved it and all the kids sat around a little table and filled their tummies. It always makes me feel so happy when I know my children have eaten healthily and well.

Now it's a regular at our house, easy to prepare and loved by all!

Katrina Mitchell-Kouttab, Wellington



Fresh Inspiration

Today whilst waiting to get served at our local supermarket, I spotted a 'meat magazine...free!

So often we feel we are 'over' food, nothing seems to inspire us Mums to dream up something new.

This mag is so rewarding for ideas. Thank you...am raring to try some of this edition's presentations.

Tina Rouxel, Canterbury

Recipe Request

I'd just like to say how much I enjoy your magazine. My favourite meat in the whole world is lamb, and it's wonderful to know I will be tempted and tantalised with some fresh ideas for cooking lamb in a delicious new way with every issue you publish. I look forward to picking up the next one from my supermarket, but in the meantime I'd like to share with you the excitement of a recent birthday present – a tagine! What I love about it is the way I can brown the meat on top of the stove, finish the cooking in the oven, and then serve it at the table in the same dish for a bit of wow factor. So far I only have two recipes for lamb tagine and they're both pretty similar. I wonder if you could help...?

Kath Tarr

Kath, check out page 4 of this issue for a delicious lamb tagine recipe.

Best in the World

I was pleasantly surprised by your magazine when I picked it up at my local supermarket - what a great read.

As an Australian (don't hold that against me!) who has moved to New Zealand, I love your beautiful country and love the variety of meat available here, but nothing can beat your lamb.

Last year we were engrossed in your New Zealand Masterchef (with winner Nadia Lim) and have used some of the lamb ideas in our own cooking. Now we have discovered your magazine, we have a lot more to try.

Suzanne Warmington, Queenstown

Mixing it up

I tried the Dijon beef pot roast recipe (from Issue 5). As I didn't have Dijon mustard on hand I substituted wholegrain mustard and added a splash of red wine to the mix. I cooked it in the crockpot and the result was fantastic. The gravy was incredibly tasty, and my 20-year old son said it was definitely a recipe he was going to learn how to cook. Many thanks for the recipe and I look forward to more flavoursome recipes to tempt my emerging cooks.

Sue White, Porirua

Perfect for a Pot Luck Dinner

I was invited to my friend's place for a pot luck dinner on Friday night. I decided to make the Indian Meatloaf that was featured in issue five. Because there were going to be several adults and teenagers I made the meatloaf in muffin pans for individual servings. I adjusted the cooking times so the mini meatloaves would be juicy and not dry. They looked great and there were many positive comments about the taste.

Tina Cook, Christchurch

Every letter published wins an Allyson Gofton cookbook...

We have more fabulous prizes up for grabs this month. Check out the back page for details.

All recipes mentioned here can be found at www.recipes.co.nz



Scan me to check out the video

\$3.08 per serve

This traditional South African dish combines finely diced beef in a rich, sweet and sour sauce under a canopy of an egg and milk custard. Delicious with mashed pumpkin or kumara.

Bobotie

Prep time: 20 mins | Cooking time on the stovetop: 30 mins | Cooking time in the slow cooker: low 6-7 hours or high 3-4 hours | Serves: 4-5

- 500g lean Quality Mark beef mince
- 1 onion, peeled and finely chopped
- 1 Tbsp brown sugar
- 1 tsp each ground ginger and curry powder
- ½ cup raisins or sultanas
- ½ cup spicy fruit-style chutney
- ½ cup Campbell's Real Stock, Beef
- 2 Tbsp Worcestershire sauce
- 2 Tbsp tomato paste

Topping

- 1½ cups milk
- 4 eggs
- 1 Tbsp fresh thyme

Brown the mince in a dash of oil in a large, lidded frying pan. Add the onion, brown sugar, ginger and curry powder and continue cooking for a further 2-3 minutes until the mix is very fragrant.

Stir in the raisins or sultanas, chutney, stock, Worcestershire sauce and tomato paste. Stir well and cover.

Cook over a low heat for 30 minutes or until thick and fragrant. Alternatively, cook in the slow cooker on low for 6-7 hours or high for 3-4 hours.

Pre-heat the oven to 180°C.

Transfer the mince mixture to a 6-cup capacity dish and spread out evenly. Beat the milk, eggs and thyme together and carefully pour over the bobotie. Or for individual servings, divide mixture into 6 one-cup capacity ovenproof dishes and pour a little of the egg mixture over the top of each.

Bake in the pre-heated oven for 30-35 minutes or until the custard has set. If cooking in individual dishes, reduce the cooking time to 15-20 minutes. Serve hot.

Beef and Lamb Cuts Tip

- Use lamb mince in place of beef.
- For a chunkier dish, in place of mince use finely diced beef for stewing. Cut into 1 cm dice, brown as above and simmer gently until tender; allowing a little extra cooking time.





Scan me to check
out the video

NZ Lamb Cuts Tip

This delicious lamb roast can be prepared using a variety of cuts, including butterflied lamb leg or mini roasts. Leftovers are delicious served with pasta (see recipe on the next page), in a sandwich or tossed through a salad.



Butterflied Leg of Lamb

Spread marinade over both sides of the lamb. Roast at 190°C for one hour. Pile on the topping and cook a further 20 minutes.



Mini Lamb Roast

Make shallow cuts through the top fat layer in two mini rump roasts. Cover with the marinade and press on the topping. Roast at 190°C for 35-40 minutes. Rest for 5-8 minutes before carving.



Carvery Lamb Leg Roast

Cook as for leg of lamb.

Italian Roast Leg of Lamb

Prep time: 15 mins | Cooking time: 30 mins per 500g
Serves: 10

- 1 lean Quality Mark leg of lamb
- ½ cup red wine
- ¼ cup olive oil
- 2 Tbsp basil paste or 1 tsp dried basil
- 1 tsp minced garlic

Topping

- 150g feta, crumbled
- ¼ cup sundried tomato paste or pesto
- ¼ cup chopped black olives
- 1 Tbsp capers, rinsed
- Few leaves chopped fresh basil or oregano

Pre-heat the oven to 190°C. Line a baking or roasting dish with foil or baking paper. Note the weight of the lamb in order to calculate the cooking time.

With a sharp knife, make 8-10 shallow cuts on the top of the leg. Mix together the wine, oil, basil and garlic and massage over the lamb*.

Roast in the pre-heated oven for 30 minutes per 500g. In the last 30 minutes of cooking time, mix all the topping ingredients together and press onto the lamb. Return to the oven for the remaining cooking time.

Remove from the oven and rest for 20 minutes before carving.

** If time allows, prepare this stage the night before and marinate the meat overnight, bringing to room temperature before roasting.*

\$5.74 per serve

The gutsy topping on this roast lamb adds a delicious flavour and creates a stunning looking dish.



Scan me for
easy carving tips

Our Tips for Top Results:

- If possible, take meat from refrigerator about 30 minutes before cooking.
- For optimum tenderness, carve across the grain.
- For very lean cuts, sear or brown first. This will improve flavour.
- Using a meat rack will allow even heat circulation and browning.

- After cooking, allow meat to rest for approx. 5 minutes per 500g. This allows the meat fibres to relax and reabsorb some of the juices.
- To determine degree of cooking, pierce meat in the thickest part using a fine metal skewer. Remove and gently press the meat to expel juices. Underdone or rare meat: red juices; Medium-rare: pink juices; Medium: clear juices; Well done or overcooked: no juices visible.

Pastitsio is a **rich and hearty Greek** dish, prepared with pasta in a rich meat sauce and finished with a **classic** cheese topping. Here's a quick version making the most of leftover Italian Roast Lamb on the previous page.

\$3.10 per serve

Pasta pie

Prep time: 15 mins | Cooking time: 30 mins | Serves: 4

- 2 cups diced leftover roast lamb
- 1 onion, peeled and finely chopped
- 1 Tbsp minced garlic
- 2 cups pasta spirals, cooked
- 400g can diced tomatoes in juice
- ¼ cup sundried tomato paste
- ½ cup chopped fresh basil (or 1 tsp dried)
- Topping**
- 1½ - 2 cups grated cheese
- ½ cup cream
- 2 Tbsp pinenuts (optional)
- 1 tsp cornflour or flour

Pre-heat the oven to 180°C.

Cook the onion and garlic in a dash of oil until tender. Stir in the diced lamb, cooked pasta, tomatoes, tomato paste and basil and transfer to a 6 cup-capacity ovenproof dish. Mix the topping ingredients together and spread on top.

Bake in the pre-heated oven for 20 minutes. Serve with chutney and salad.

Beef and Lamb cuts Tip

To make this from lean beef or lamb mince, brown 350g mince and set aside. Cook the onion and garlic and then return to the pan and continue as above.

Jazz me up!

- Add diced black or green olives
- Add chopped capers or sundried tomatoes
- Stir in a generous spoonful of basil pesto
- Add chopped fresh parsley or oregano



Scan me for tips on cooking perfect mince

Tips for Cooking Mince:

- Use lean mince where possible; look for the Quality Mark logo as it ensures leanness.
- Have the pan hot before browning.
- Brown small batches over a high heat to avoid mince stewing and tasting boiled.
- If mince begins to stew, strain through a sieve or colander, return to a hot pan and begin the browning process again.
- Mince doesn't require lengthy cooking, or it will become tough and gravelly in texture.

This **classic Greek** dish is ideal any time of the year, and when prepared 1-2 days in advance, can be **refrigerated** until ready to **bake**.

Moussaka

Prep time: 45 mins | Cooking time: 45 mins | Serves: 6

- 500g lean Quality Mark lamb or beef mince
- 2 medium-sized aubergines, ends trimmed
- ¼ cup olive oil
- 1 onion, peeled and finely chopped
- 1 tsp minced garlic
- 400g can diced tomatoes in juice
- 2 Tbsp tomato paste
- ½ cup Campbell's Real Stock, Beef
- 2 Tbsp chopped fresh parsley
- 1 tsp sugar
- ¼ tsp cinnamon
- 2 Tbsp grated parmesan or cheddar cheese
- 1 quantity of cheese sauce (recipe below)

Pre-heat the oven to 180°C. Grease a 5 to 6 cup capacity lasagne dish.

Cut the aubergine into 5mm slices and brush with olive oil. Grill or pan-fry the slices for 3-4 minutes on both sides until browned. Set aside.

Brown the mince over a high heat, breaking up the mince with the back of a wooden spoon as it browns. This is best done in two batches. Set aside.

Add the onion and garlic to the pan and cook until soft. Return the mince to the pan with the tomatoes, tomato paste, beef stock, parsley, sugar and cinnamon.

Cover and simmer for 30 minutes. While the meat is cooking, prepare the cheese sauce (see below).

To assemble the moussaka, arrange one third of the aubergine slices in the base of the prepared dish.

Spread over half the mince. Repeat the layers, finishing with a layer of aubergine slices. Spread the cheese sauce evenly over the top and scatter over the parmesan or cheddar cheese.

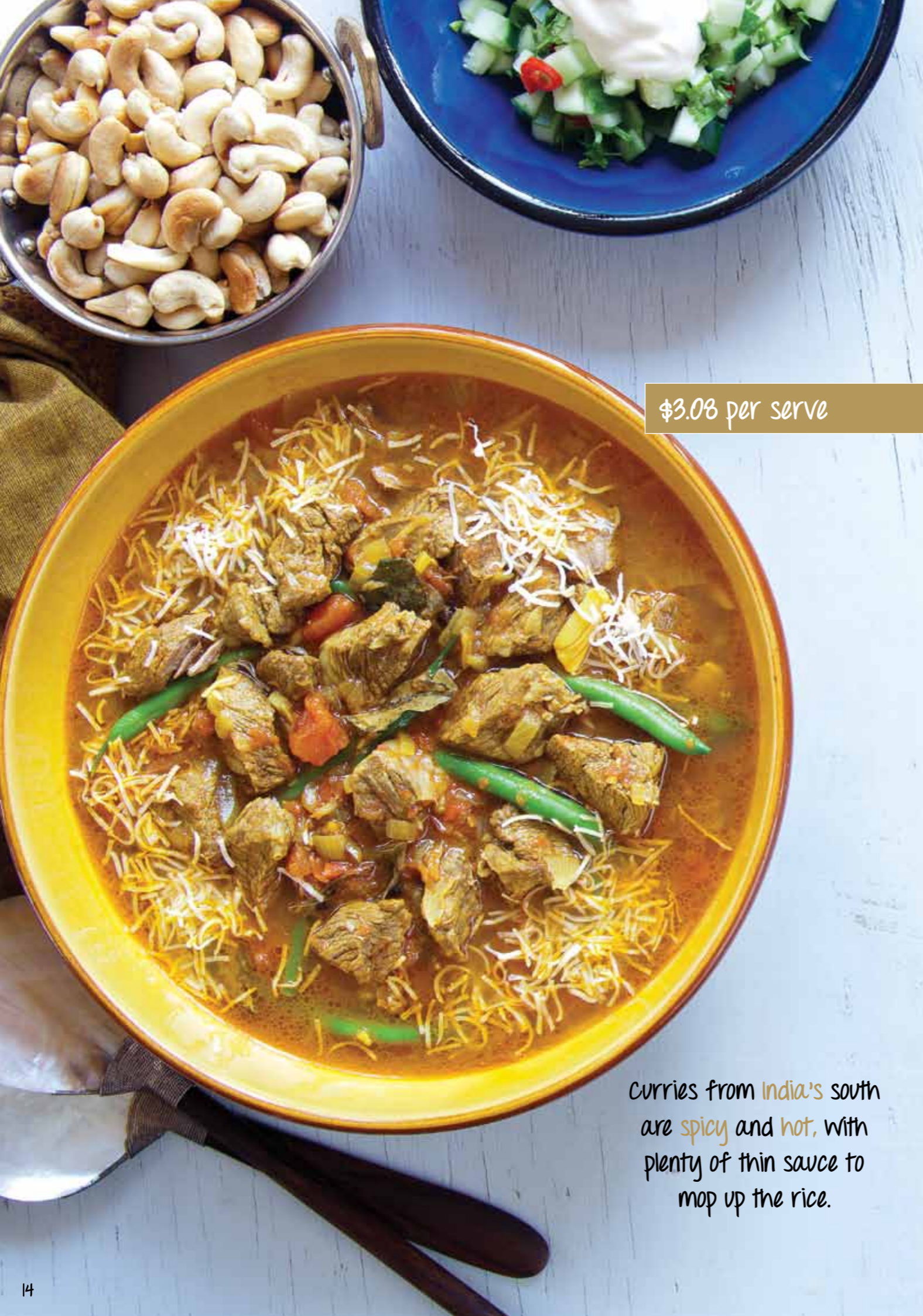
Bake in the pre-heated oven for 40-45 minutes until golden brown and bubbling hot. Serve hot, with a fresh crisp salad on the side.

Classic Moussaka Cheese Sauce

- 75g butter
- ¼ cup flour
- 1½ cups milk
- ½ cup grated cheese
- 1 egg, lightly beaten

Melt the butter in a saucepan. Stir in the flour and cook for 1 minute, stirring constantly. Stir in the milk and cook over a low heat until the mixture boils and thickens. Cool for 5 minutes before stirring in the cheese and egg.

\$3.78 per serve



\$3.08 per serve

Curries from India's south are spicy and hot, with plenty of thin sauce to mop up the rice.

Beef Madras

Prep time: 15 mins | Cooking time on the stovetop or oven: 1½ hours | Cooking time in the slow cooker: 5-7 hours on low | Serves: 5-6

- 500-650g lean Quality Mark beef for casseroles
- 1 Tbsp tamarind pulp (or use 2 Tbsp lemon juice)
- 1 onion, peeled and diced
- 4 cloves garlic, crushed, peeled and thickly sliced
- 5cm piece ginger, peeled and shredded
- 1½ Tbsp curry powder (see tip below)
- 6 curry leaves, optional (see tip below)
- 1 tsp peppercorns
- 400g can diced tomatoes in juice

If using, soak the tamarind pulp in ¼ cup warm water for 5 minutes. Knead to a slurry and strain, discarding the pulp.

Pan-fry the onion in a dash of oil in a large lidded frying pan or casserole. Add the garlic, ginger and curry powder and toss for 1-2 minutes.

Stir in the tamarind water or lemon juice, curry leaves if using, peppercorns and tomatoes and 1 cup water (reduce to ½ cup if using the slow cooker), and bring to the boil. Add the meat and lower the heat.

Cover and simmer over a very gentle heat for 1½ hours or until tender. Alternatively, cook in a lidded ovenproof dish at 140°C for the same time, or in the slow cooker for 5-7 hours on low. Season with salt if wished.

Serve with your favourite Indian accompaniments such as rice, breads, yoghurt and desiccated coconut.

Ingredient Tips

- Curry powders vary from brand to brand, and while some people prefer to make curries from scratch with whole spices, pre-prepared curry powders will create terrific meals easily and attractively. Find a favourite brand and add a few extra flavourings like ginger or curry leaves to give your own twist.
- Curry leaves have a unique and slightly bitter taste and are a hallmark ingredient in Southern Indian-style curries. They are available dried in the spice section of the supermarket or fresh in the produce section.

Cooking Tips for Top Results

- Use the appropriate cut of meat; cuts with a certain amount of marbling and gelatinous connective tissue retain juiciness better than very lean cuts when cooked long and slow. Economical cuts of beef will cook to perfection in a casserole or slow cooker.
- Brown the meat first. This will not only improve colour but also develops flavour.
- Use a tight-fitting lid to hold in the steam, making the meat more tender.

NZ Beef Cuts Tip:

The following cuts will work well in this recipe. Or you can use diced lamb shoulder in place of beef.



Blade or Cross-cut Blade



Chuck



Gravy Beef

WIN!

One of 10 slow cooker packs

Simply write in with your feedback ~ either tell us your favourite recipe from this issue, share a recipe of your own, or let us know what you'd like to see in future issues **and you'll go in the draw.**

Each winner will receive a personally signed 'Slow' cookbook by Allyson Gofton **AND** one of 10 Breville Slow Cookers, valued at **\$159.00 each.**

Please send your letters to Beef + Lamb New Zealand Inc, PO Box 33 648, Takapuna, Auckland, or send us an email to enquiries@beeflambnz.co.nz - **we look forward to hearing from you.**

Terms and Conditions:

Published letters can only be chosen from those including full contact details (name, address, phone number).

Entries must be received by 15 October 2012.

Beef + Lamb New Zealand Inc. will make the final decision on published letters and the winning 'Favourite Letter'. The judges' decision is final and correspondence will not be entered into.



Photography: Devin Hart | Styling: Julie Wyatt | Food Assistant: Olwen Edwards

Based on food prices June 2012.



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